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Paperback – October 1, 2010
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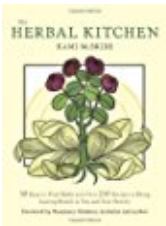
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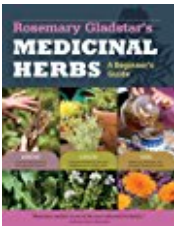
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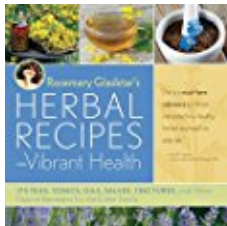
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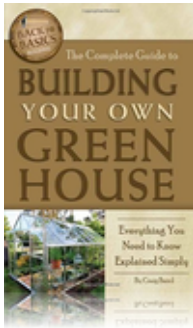
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Editorial Reviews

Review

"*The Herbal Kitchen* is a beautifully written guide to expanding your herbal repertoire. This is a book that can bring more fun, flavor, and health into your life." - **Brigitte Mars**, author of

Rawsome! and *The Desktop Guide to Herbal Medicine*

"Wow! I learned a lot from *The Herbal Kitchen* and I'm keeping it in my kitchen so I can refer to it often. I love this book!" -**Christiane Northrup, MD**, author of the *New York Times* bestsellers: *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*

"Thanks, Kami, for keeping grandma's old-fashioned remedies and recipes alive with an easy, unintimidating plan for making herbs a part of everyday life." - **Elise Collins**, author *An A-Z Guide to Healing Foods* and *Chakra Tonics*

"Finally, a cookbook for using herbs! If you've ever cooked with herbs, made herbal tea, eaten pesto with basil (or edible flowers as Kami suggests) you will love this book. If not, you need this book. *The Herbal Kitchen* is the most extensive list of recipes using herbs you will find anywhere. Your food becomes your medicine, as it has always been, and through the gift of Kami McBride's recipes, this ancient usage of herbs remains alive." -**Pam Montgomery**, herbalist, educator, and author of *Plant Spirit Healing* and *Partner Earth: A Spiritual Ecology*

"*The Herbal Kitchen* is a tremendous resource. Everything you ever wanted to know about the healing power of herbs and spices are nicely tucked within these

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About the Author

Kami McBride is an herbalist and inspiring teacher that has helped thousands of people learn to use herbal medicine in their daily lives in ways that are healthy, safe and fun. She teaches experiential herbal programs in reviving the art of home use of herbal medicine. Her work is centered in sustainable wellness practices, creating self reliance and revitalizing our relationship with the plant world. Kami's extensive knowledge of healing plants is infused into her specialty of herbal cooking for preventive health. She empowers people in understanding how to use herbs in the home setting for prevention and every day common ailments. Kami founded the Living Awareness Institute serves as an instructor of herbal medicine at Solano Community College, Napa Valley Junior College and College of Marin.

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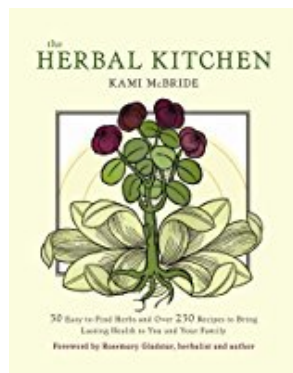
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Biography

Kami is the author of The Herbal Kitchen. She has developed and taught herbal curriculum for the Master's program at the California Institute of Integral Studies in San Francisco and at the University of California San Francisco School of Nursing.

For 25 years she has been teaching people to grow and use herbs in their daily lives for every day common ailments. Kami teaches hands-on herbal programs focused on sustainable wellness practices and revitalizing our relationship with the plant world. Her popular course, Cultivating the Herbal Medicine Woman Within is an experiential herbal studies program that empowers people to use herbal medicine in their daily lives for home wellness care. She can be reached at www.livingawareness.com



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It rarely goes on the shelf because I'm using it so much.

By [Kathie N. Lapcevic](#) on March 25, 2016

Format: Paperback **Verified Purchase**

Herbal medicine making can seem exotic and intimidating, but with The Herbal Kitchen we quickly learn that healing is as close as the spice rack we use every day to season our meals. Part medicine making resource, part delicious cookbook, and part herbal reference book, The Herbal Kitchen will quickly become the go-to resource for the home herbalist and from scratch cook looking to boost nutrition, heal common maladies, and generally spice up the meal rotation. I, personally, use it as much for medicine making inspiration as I do for tasty meals. The reference section at the beginning of the book is worn my from repeated research on how to use each and every bit of those herbs and spices that grow in my garden, like mint, or are purchased from far



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Useful info; easy recipes

By [schericane](#) on May 11, 2013

Format: Paperback **Verified Purchase**

I really am a fact-seeking, textbook loving person, but I also like color and space in my material, especially if it's a reference I want to enjoy often. I have found that several of my past purchases relating to herbalism were almost clinical looking in their writing and presentation. That does tempt me to want to pick it up and read the nuggets of wisdom inside. This is a nice little book and an easy read (no pharmacopeia, thank goodness), but it doesn't (yet) have a prominent place on my kitchen shelf.

I decided to take another look at this book, and find that the remedies are easy to prepare. The cordials, for example, don't involve all the steps for making medicinal wines that I found in another reference. This is because she starts with off-the-shelf alcohol as the base, so for the purist, it is too easy, I suppose. For a beginner like me, though, it is a nice starting point for practice. The variety of recipes, for everything, is good, too.

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I Love This Book!

By [A. Felix](#) on October 8, 2013

Format: Paperback **Verified Purchase**

I found this book at the library and after using it for the month loan, I couldn't bear to give it back. I immediately ordered it from Amazon and have been using and enjoying it ever since. I have many herbs books, but like this one for the focus on spice herbs used in our kitchens and grown in our gardens. I love the recipe section in the back and the many ideas to utilize these herbs in our diet like herbal honeys, herbal sprinkles, drinks, pesto and smoothies. A must have for every kitchen!

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Like Having the Legendary Kami McBride on Your Bookshelf!

By [Ellen Anderson Holt](#) on October 11, 2014

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I liked it so much I got several hard copies and shared it with my friends and family. This is a valuable resource. [Read more](#)

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Invaluable addition to an herbal library!

I have used this book so frequently since I have gotten it, it is stained with the remnants of all the wonderful recipes within. [Read more](#)

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Very happy

Very happy with product. Quick delivery. [Read more](#)

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Five Stars

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Herbs and how to use them for health

This book is wonderful! It discusses each herb, tells what it can do and gives r the growing requirements. This book has recipes. This is an awesome book.

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The great thing about The Herbal Kitchen is that it allows ...

The great thing about The Herbal Kitchen is that it allows one to be creative too since Kami has given the guide lines. [Read more](#)



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back-to-school viruses. Just having this book on my kitchen shelf makes me feel more confident about my ability to keep our family healthy and strong with natural medicine. It feels amazing to be able to stop a cold on its tracks just with plants you've harvested and prepared yourself! I am so happy to have access to Kami's incredible wisdom in the form of this book. Everyone should have a copy in their home.

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Who Knew? So Many Useful Herbs in My Pantry

By [DojoDiva](#) on February 10, 2011

Format: Paperback **Verified Purchase**

An excellent herbal introduction. A more detailed index would have been very useful as it's difficult for a novice to remember which of the 50 herbs are, for example, rubefacients or emmenagogues. However, it's the recipes that are so amazing. I can't believe how delicious dried orange peels are and how easy (especially with the Gardenmaster food dehydrator I purchased from Amazon last year). I'll be making cordials, pesto, flavored honey in many cases from spices and herbs I already have on hand. Having the recipes gives me a starting point and hopefully I will be able to customize my own herbal mixtures.

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Kami McBride's Herbal Kitchen

By [1 voice on the hill](#) on November 2, 2013

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Inspirational! Simple ways to incorporate healthful herbs into your daily life. Easy to read and understand. Helpful descriptions and properties of 50 easily obtainable herbs and spices; some in your spice rack, some in your garden! Useful recipes to get you started. Kami has an engaging writing style that propels you into your kitchen to try out her recipes and reclaim your family's health through common herbs and spices! I have recommended this book to several of my friends, and will be giving it as gifts to a few people on my Christmas list!

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Great book using common culinary herbs & spices - EZ & tasty Recipes

By [Amazon Customer](#) on October 26, 2010

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Just what I was looking for. [Read more](#)

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Newspaper style

I expected some color. It's all black and white. I should've ordered the Kindle version. [Read more](#)

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how to grow them in your garden. This book will help you to return health and nurturing back to to your family from the comfort of your kitchen. My family is going to be treated to gifts of inspired blackberry cordials this holiday season!

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15 people found this helpful. Was this review helpful to you?

[Report abuse](#)**A Great Herbal Guide for the Kitchen**By [Fred & Laurie](#) on March 12, 2013Format: Paperback **Verified Purchase**


I love learning and creating herbal remedies, but I have wanted to have a book that makes herbs part of my everyday diet, not just when I am sick. This book fits the bill. There are lots of recipes that will make incorporating herbs into your daily routine doable. There are not any professional photographs or glossy pages. It is a very practical book, with no frills. The chapter on herbal ghee is a nice idea, but a little time consuming for me. I think the same herbal combinations could be added to just regular butter or coconut oil. I particularly like the Chai Honey recipe. The book is a good price and full of lots of ideas for incorporating herbs into your diet.

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